Finding the Power to Change

Just another New Year's resolution?

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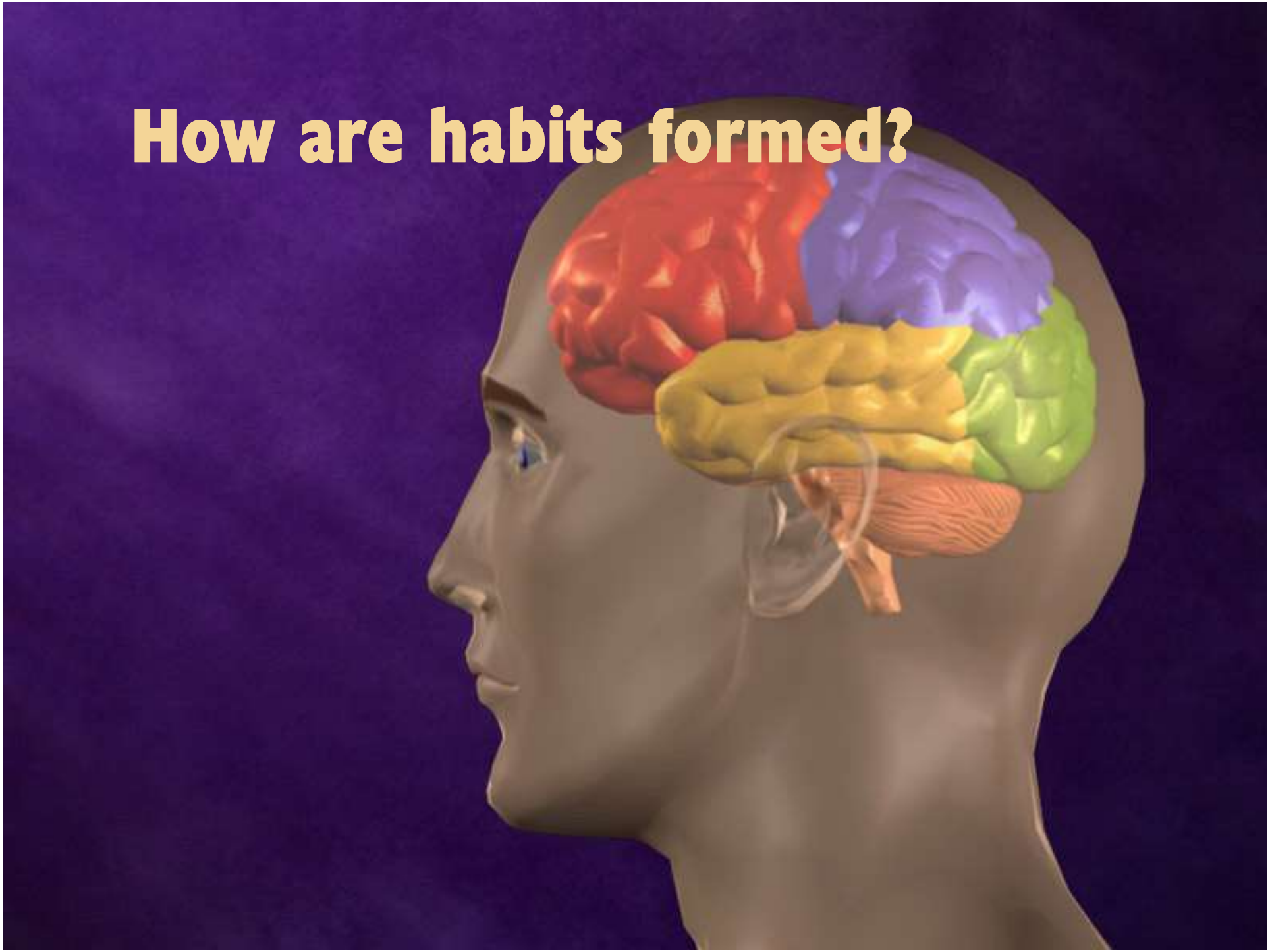
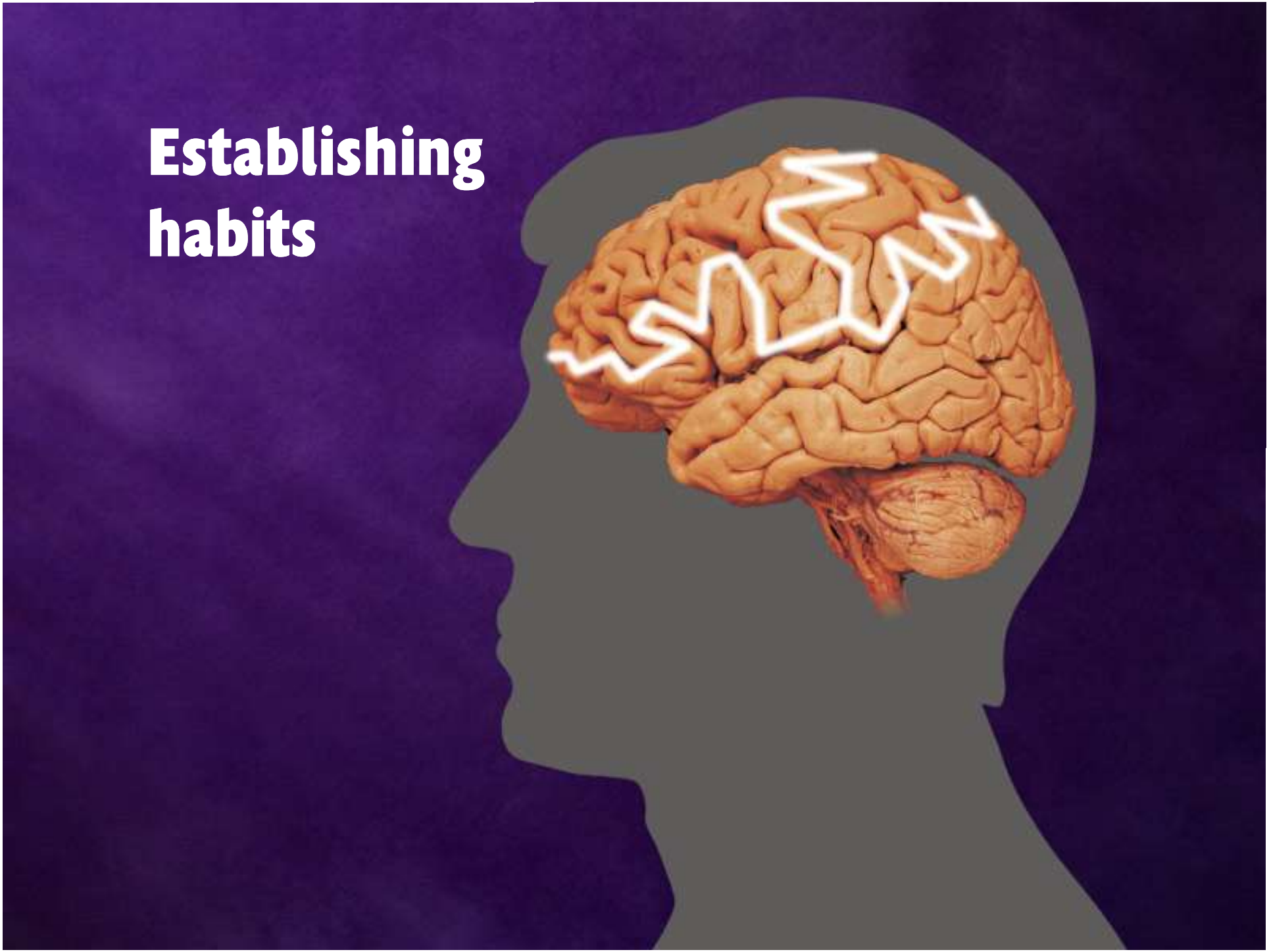
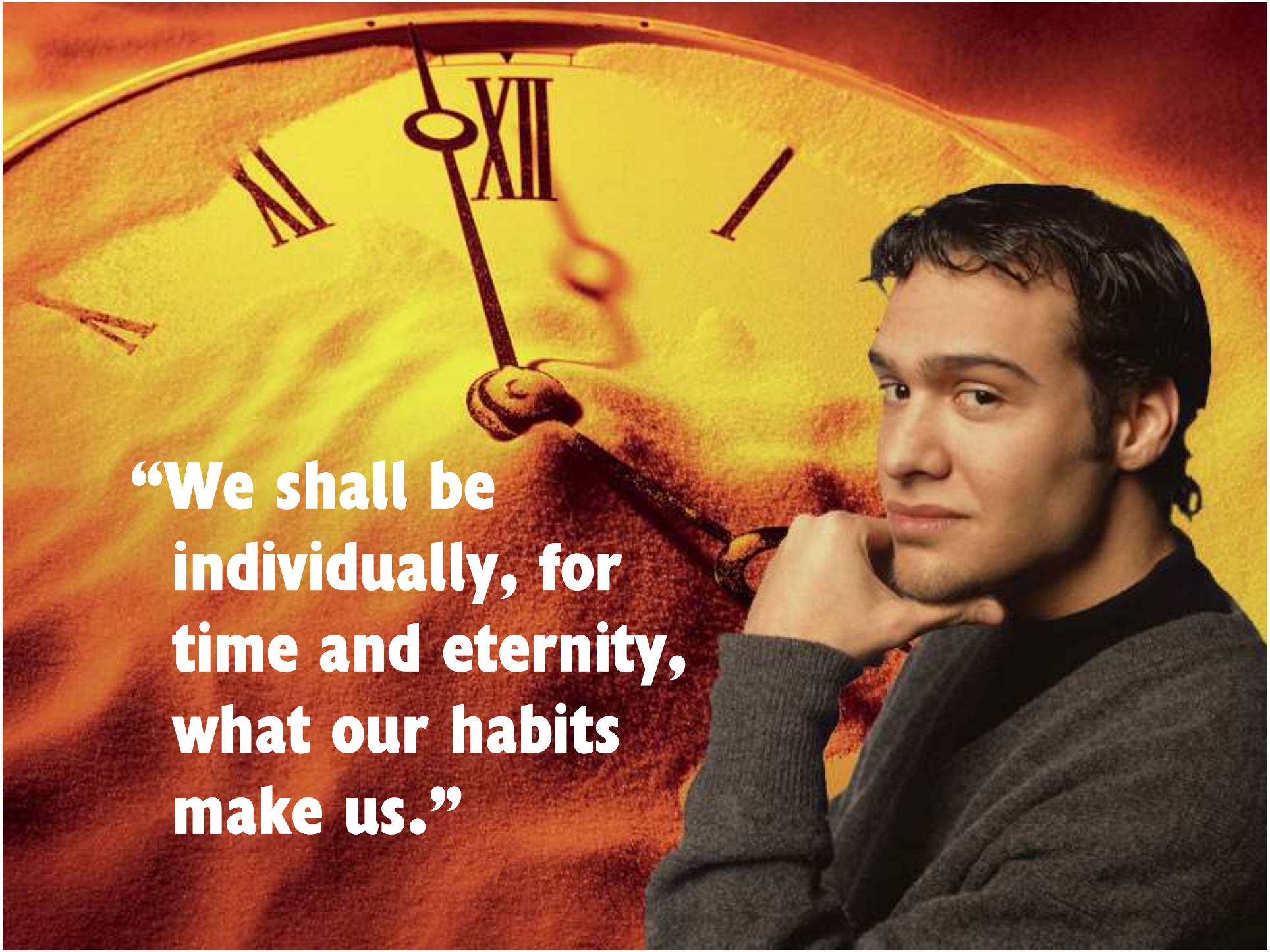
Habits tie us down

How are habits formed?

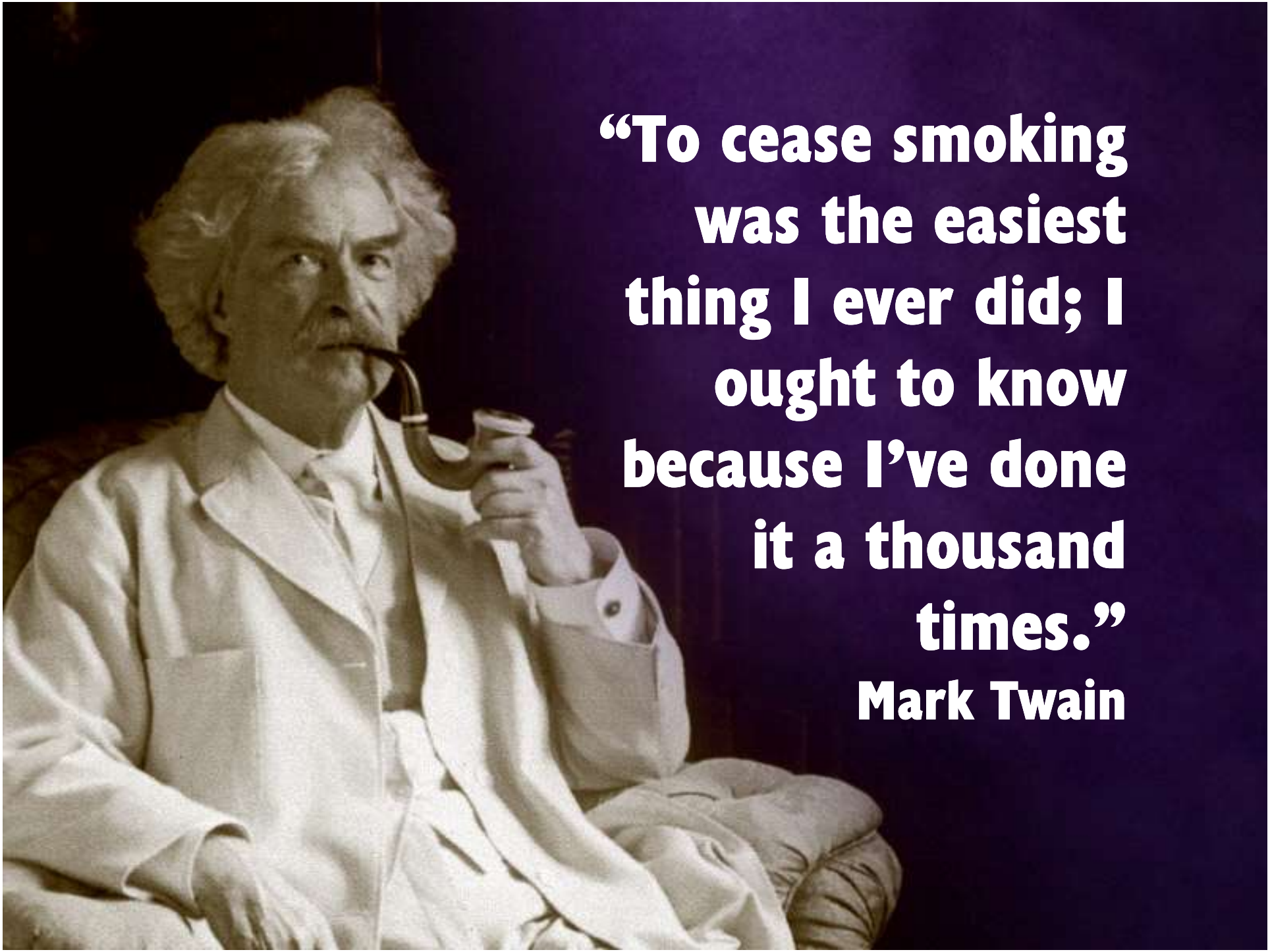


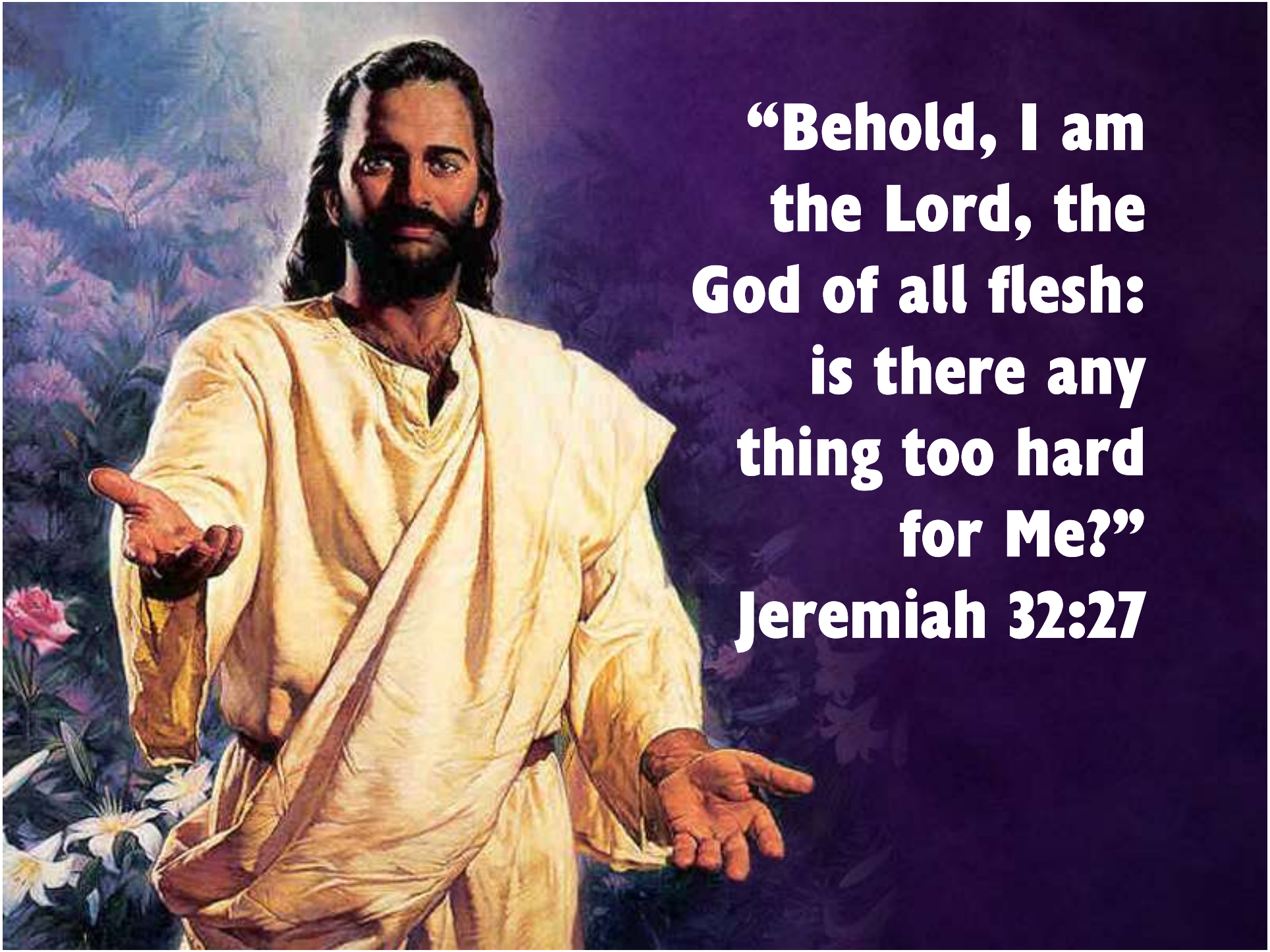
Establishing habits



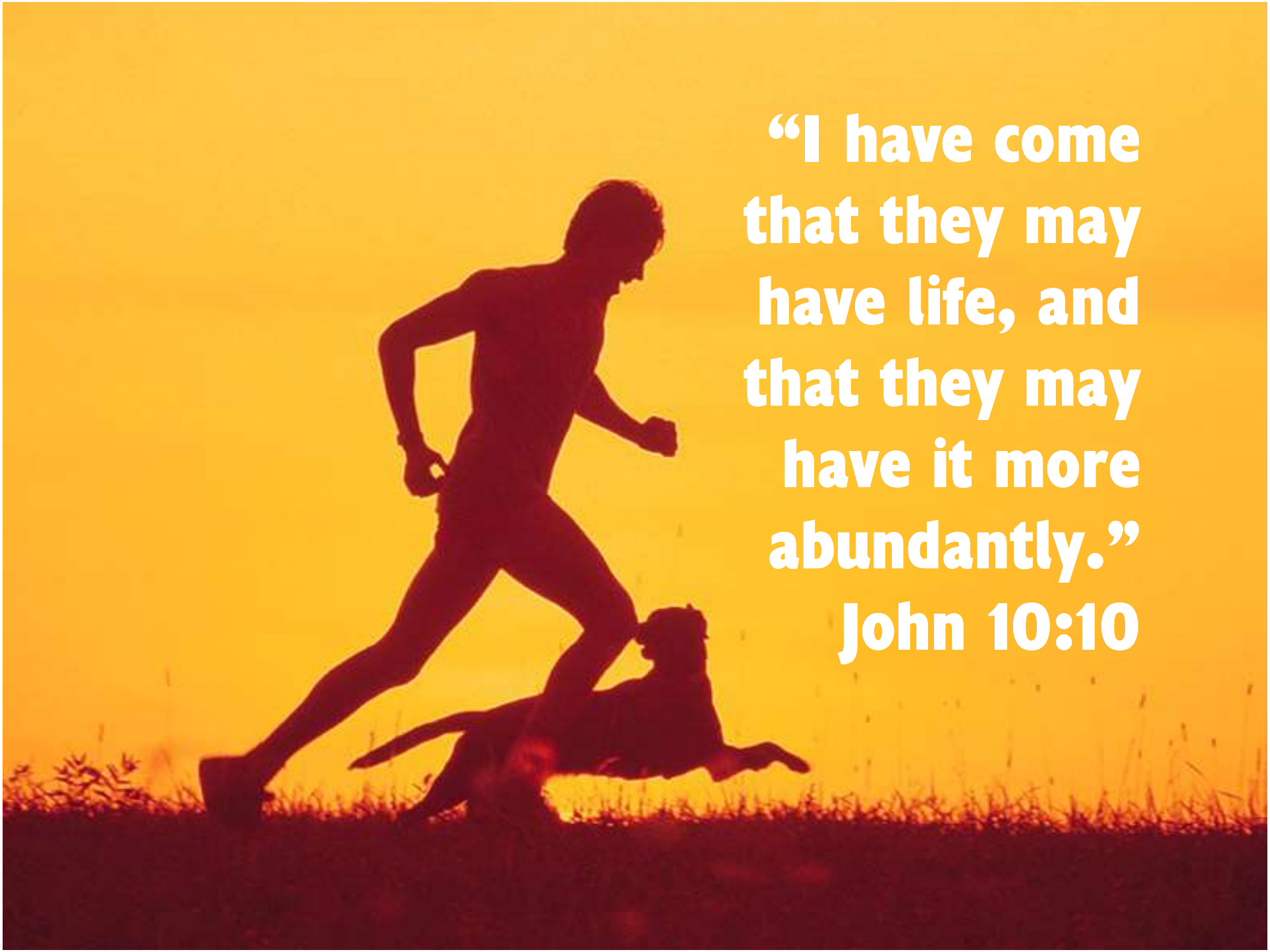

“We shall be individually, for time and eternity, what our habits make us.”

Addictions

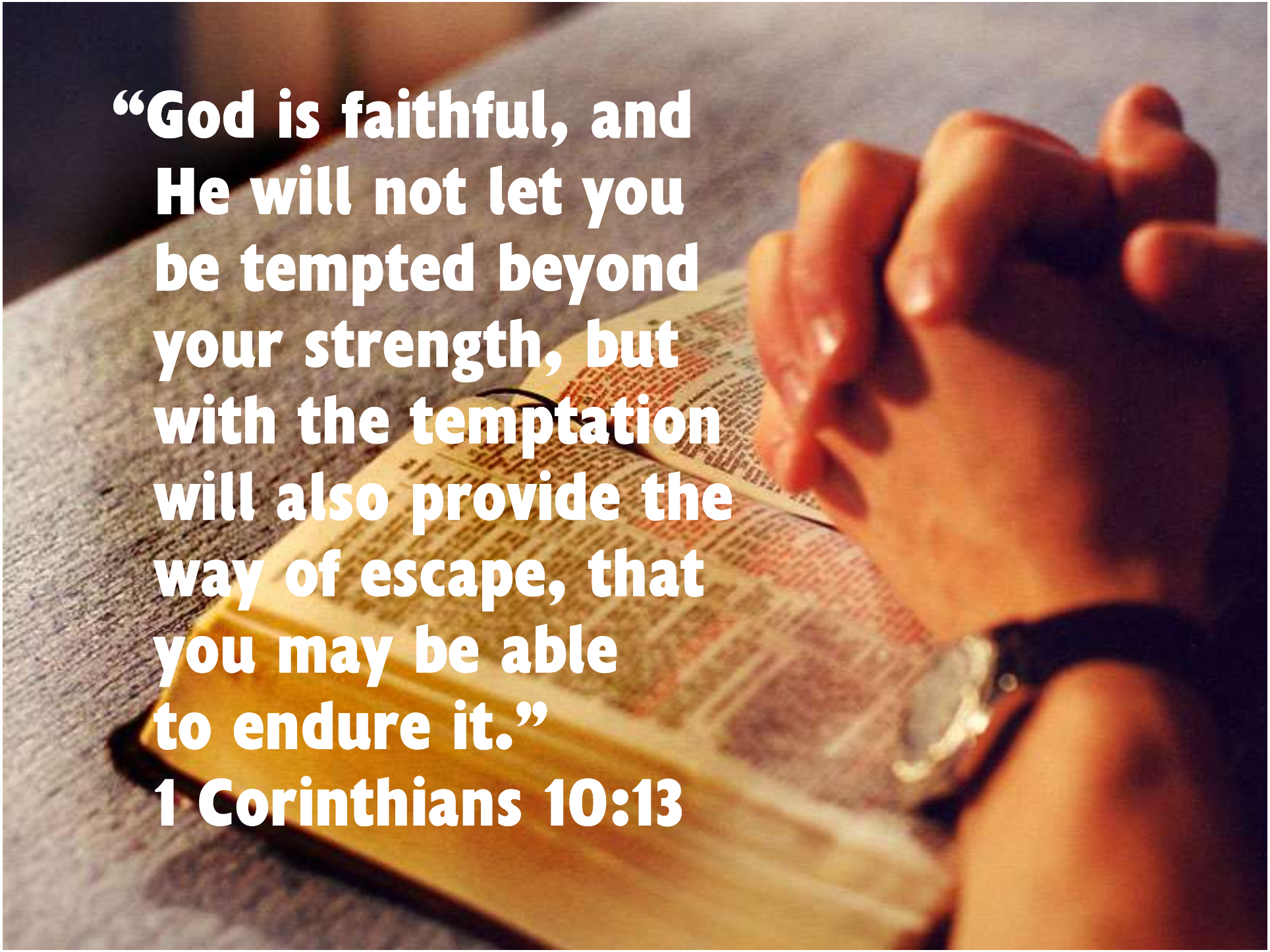

“To cease smoking was the easiest thing I ever did; I ought to know because I’ve done it a thousand times.”
Mark Twain


“Behold, I am
the Lord, the
God of all flesh:
is there any
thing too hard
for Me?”
Jeremiah 32:27

God cares


“I have come
that they may
have life, and
that they may
have it more
abundantly.”
John 10:10

How does God work?


“God is faithful, and
He will not let you
be tempted beyond
your strength, but
with the temptation
will also provide the
way of escape, that
you may be able
to endure it.”
1 Corinthians 10:13

Cooperate with God

Decide to change

Make a
clean break

Moderation?

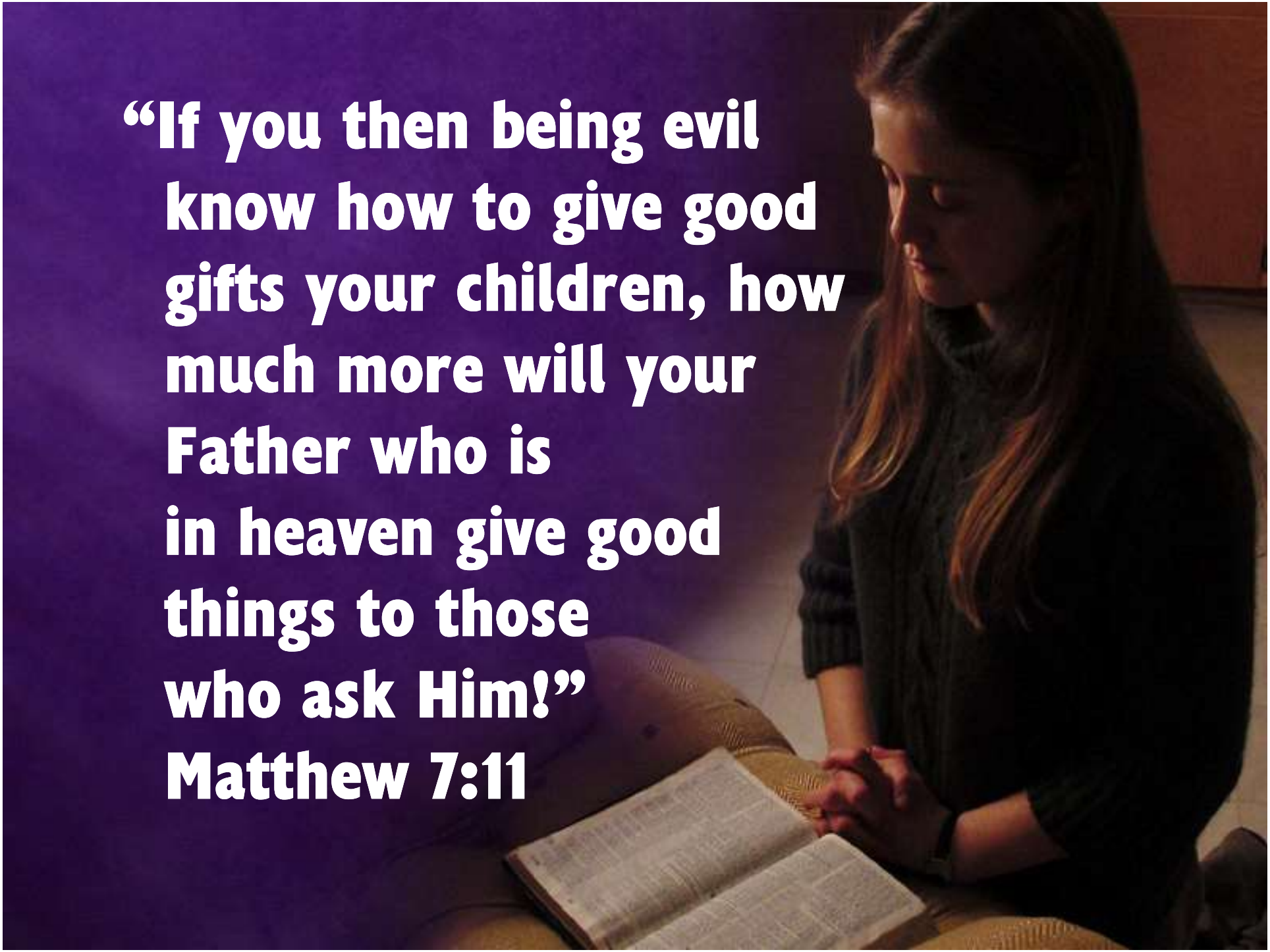
Make a clean break

POPO
Vodka
O'MARA'S
IRISH COUNTRY CREAM
EOLA HILLS

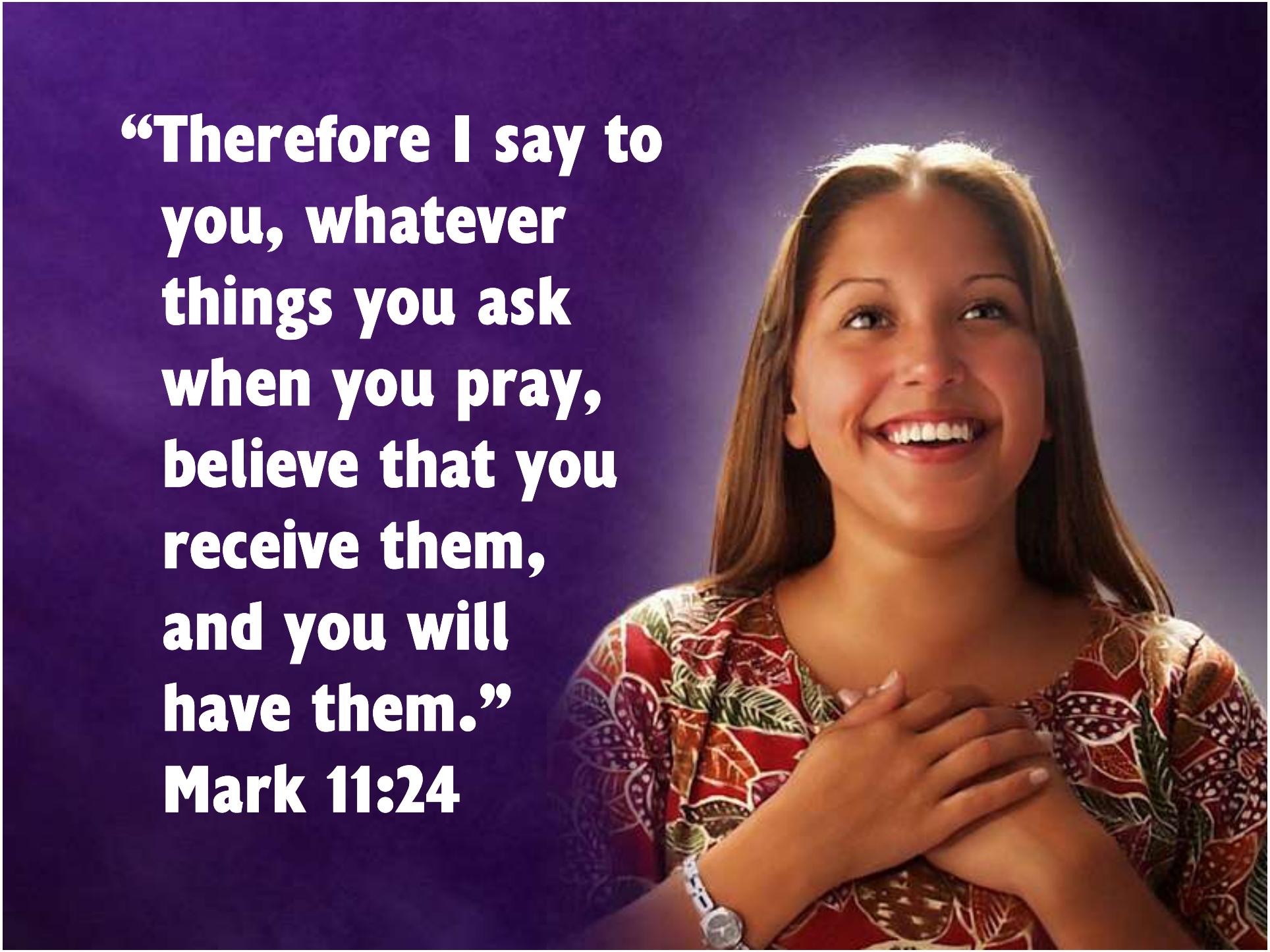
Occasional
indulgence

Temperance
Abstaining entirely from that which is harmful, and using wisely that which is good.

1. Ask

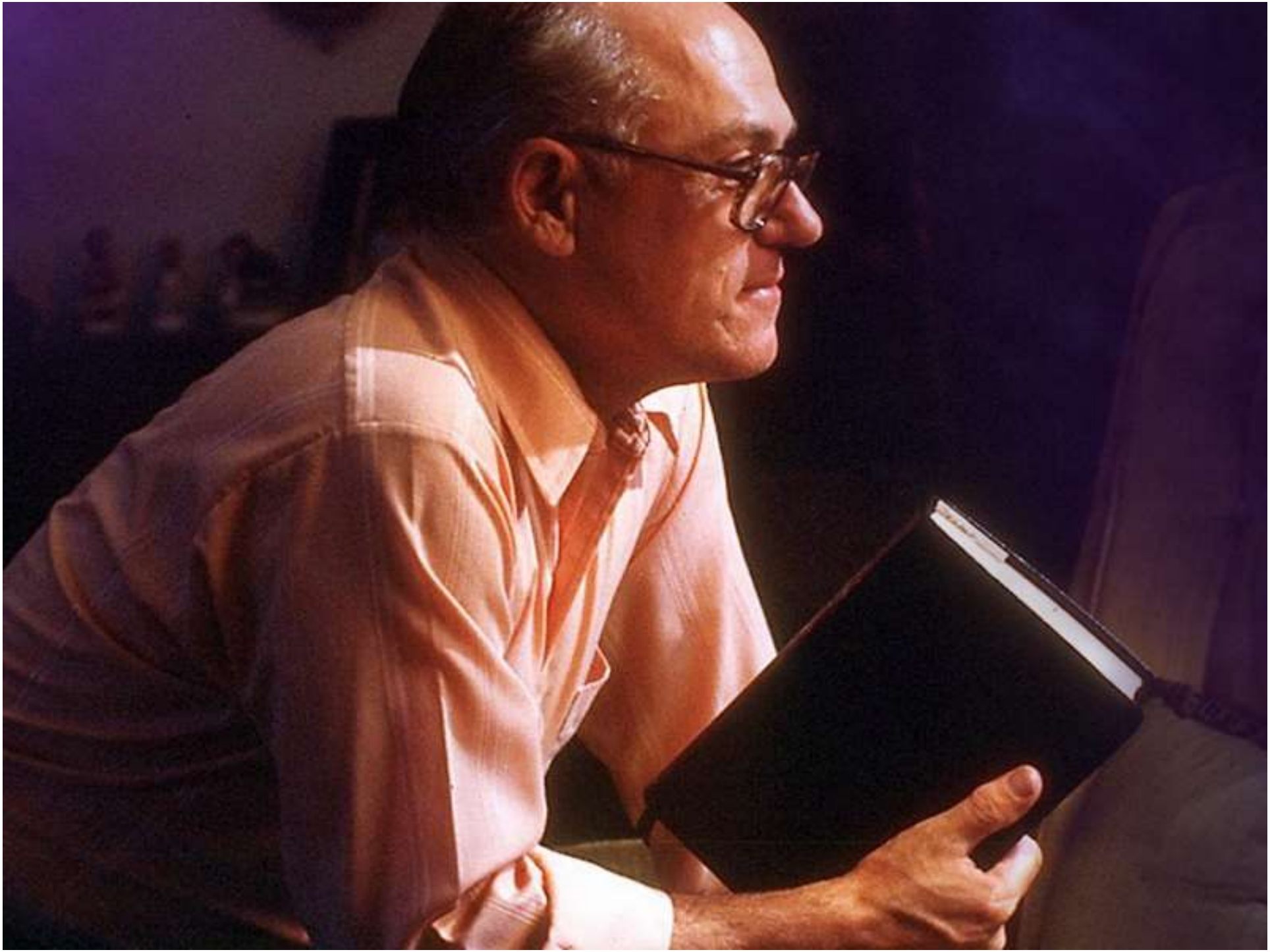

“If you then being evil
know how to give good
gifts your children, how
much more will your
Father who is
in heaven give good
things to those
who ask Him!”
Matthew 7:11

2. Believe

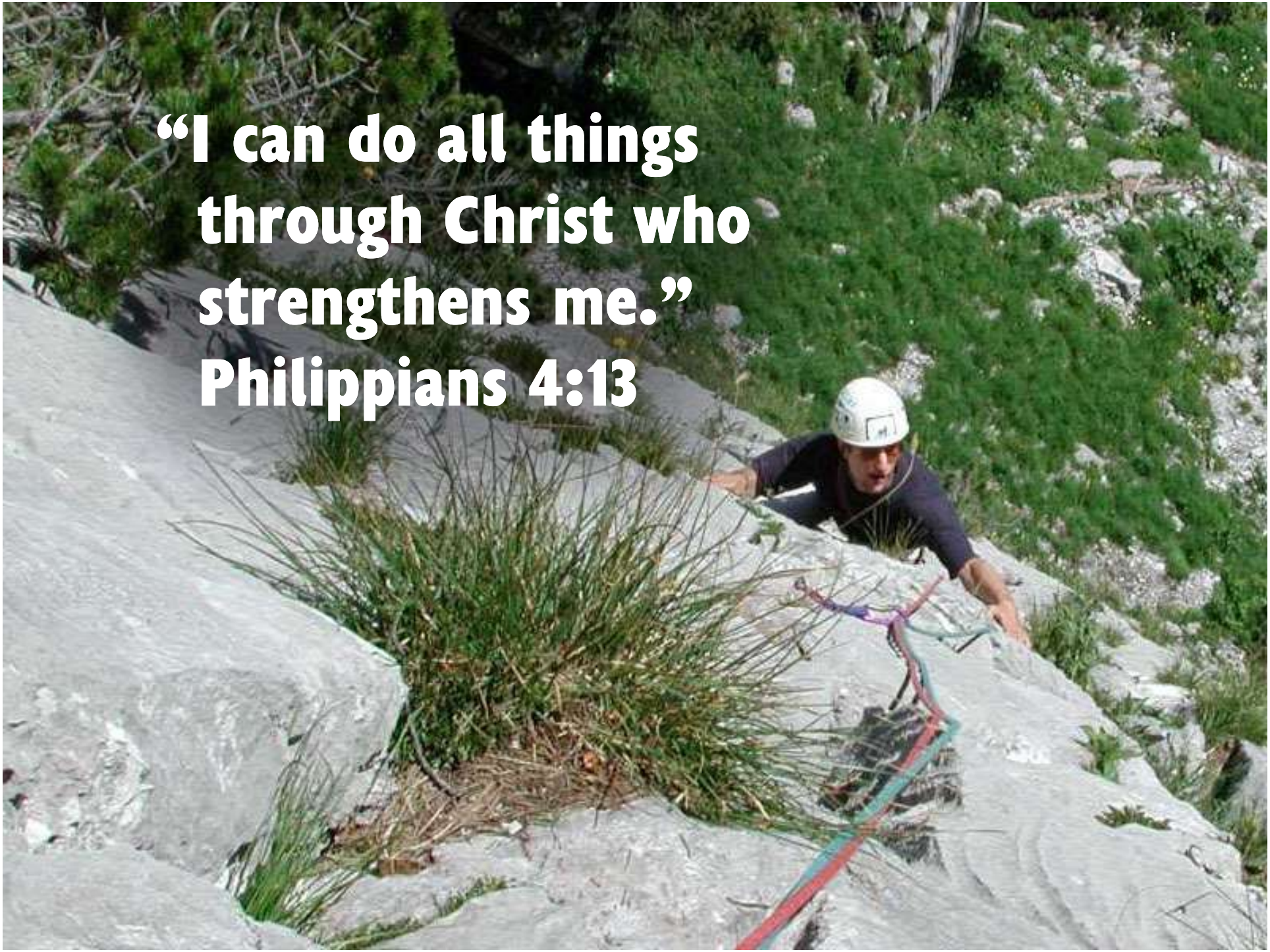
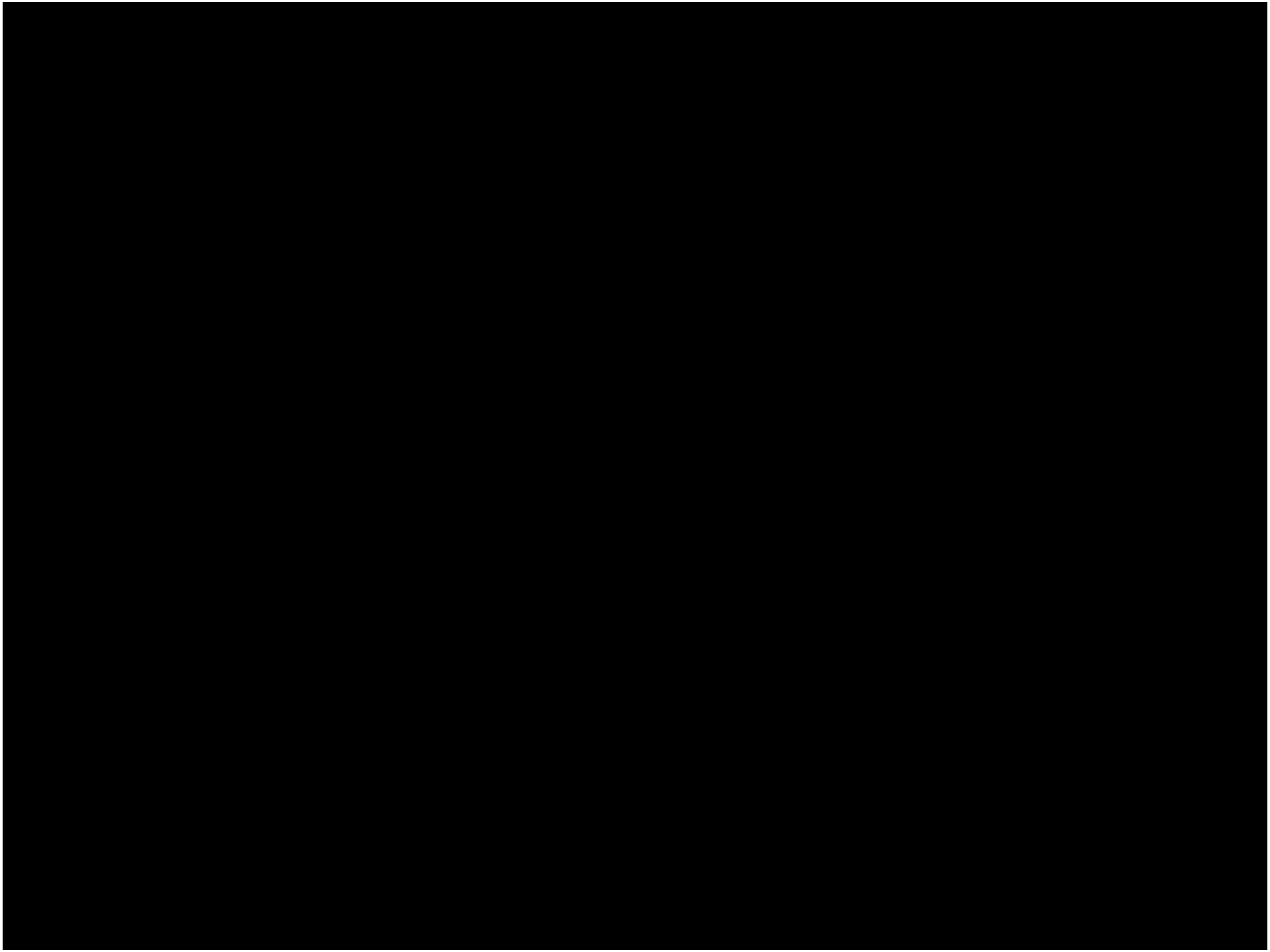

“Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”
Mark 11:24

3. Make no Provision to Fail

“Put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.”
Romans 13:14



We must persevere


“I can do all things
through Christ who
strengthens me.”
Philippians 4:13